

T H E
Whole Booke of
Psalmes.

Collected into English
meeter by *T. Sternhold,*

I. Hopk. and others : con-
ferred with the Hebrew,
with apt notes to sing
them withall.

set forth and allowed to be sung in
all churches of al the people to-
gether before and after Morning
and Euening prayer, as also be-
fore & after Sermons; and more-
ouer, in priuate houses, for their
godly solace & comfort, laying
apart al vngodly songs and Bal-
lads, which tend only to the no-
rishing of vice and corrupting
of youth.

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A Treatise made by Athanasius the Great,
concerning the use and vertue of
the Psalmes.

All holy Scripture is certainly the teacher of all vertue, and of the true faith: but the booke of the psalmes doth expresse after a certaine manner the very state and condition of the soule. For as he which intendeth to present himselfe to a King will first compound himselfe to set in good order both his gesture and his speech, least els hee might be reputed rude and ignorant: even so doth this godly booke informe all such as be desirous to lead their life in vertue, and to know the life of our Saviour, which he led in his conuersation, putting them in mind in the reading thereof, of all their affections and passions whereunto the soule is inclined.

Moreover, the psalmes informe and teach every man with diuers instructions, whereby he may not onely spy the affections and state of his soule, and to winne a good paterne and discipline how hee may please God, but also with what forme of words he may amend himselfe, and how to giue God thanks, least if he should speake otherwise then were conuenient, he should fall into impiety by his unreuerent estimation of God: for wee must all make account to the Iudge, as well of our idle words as our ill desert.

If therefore thou wouldest at any time describe a blessed man who he is, and what thing maketh him to be so, thou hast the 1. 32. 41. 112. 128. Psalmes.

2 If thou wouldest rebuke the Jewes for their spight they haue to Christ, thou hast the 2. psalme.

3 If thine owne familiars pursue thee; and if any rise against thee, say the 3. 143. Psalmes.

4 If thus in trouble thou hast called on God, and hast carried vpon his help, and wouldest giue him thanks for that he hath heard thee with his help sing the 4. 40. 116. psalms.

5 If thou seest that euill men lay snares for thee, and therefore desirest Gods eares to heare thy prayer, sing the 5. psalme.

6 If thou feelest Gods dreadfull threats, and seest thy selfe afraid of them, thou mayst say the 5. 38. 88. psalmes.

7 If any take counsell against thee, as Achitophel did against Dauid, if thou be admonished thereof, sing the 7. psalme.

Of the vse and vertue

8 If thou in beholding the grace of our Saviour spread on euery side, especially for the restoring of mankind to saluation, wouldest speake thereof in meditation to God, sing the 8. psalme

9 Ifso againe thou wilt sing in giuing thanks to God for the prosperous gathering of thy fruites, see the 8. psalme.

10 If thou wouldest haue thine aduersarie kept backe & thy soule saued, trust not in thy selfe but in the Son of God, singing the 9. Psalme.

11 If thou perceiuest God to bee wroth with his people, as though he regarded them nothing thou hast to pacifie him, to complaine thereof, the 10. 60. 74. psalmes.

12 If any man would put thee in feare, haue thou thy hope in God, and sing the 11. psalme.

13 If thou behodest the pride of many men, and seest malice to abound, so that there is no godies among men repaire then and sing the 3. 6. 21. Psalmes.

14 If thine aduersary lye long in wait against thee, dispayre not as though God had forgotten thee, but call vpon the Lord, and say the 14. 55. psalmes.

15 If thou hearest any to blaspheme God in his prouidence, be not partaker with them in wickednes, but make hast to God, and say the 12. psalme.

16 If thou desirest to know who is a Citizien of heauen, sing the 15. psalme.

17 If thou hast need of prayer for such as be against thee, & haue closed thy soule on euery side, sing the 16. 17. 86. 141. psalme.

18 If thine enemies escaped from thine enemies, and art deliuered from them who pursued thee, sing thou the 18. 9. psalmes.

19 If thou dost wonder at the order of things created by God, confiding in the grace of the deuine prouidence, sing the 19. 24.

20 If thou seest any man in aduersity, comfort him, and pray for him with the 20. psalme.

21 If thou perceiuest thy selfe to be defended & fed by God, and to liue prosperously. reioyce therein. and sing the 23. psalm.

22 If thine enemies conspire against thee, lift vp thy soule to God, and say the 23. psalme and thou shalt espy them to labour but in vaine against thee.

23 If thine enemies cluster against thee, & go about with their bloody hands to destroy thee go not thou about by mans helpe to reuerge it, for all mens iudgements are not trusty. but require God to be iudge, for he alone is iudge, & say the 26. 35. 43. psalme.

24 If they presse more fiercely on thee though they be in numbers like an armed host, feare them not which thus reiect thee, as though thou wert not annointed and elect by God, but sing the 27. Psalme.

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25 If they be yet so impudent that lay waite against thee, so that it is not lawfull for thee to haue any occasion by them, regard them not, but sing to God the 48. psalmes.

26 If thou wilt exhort and psonoke Kings and Princes to submit their power to God, & regard his honour, sing the 25. 82. ps.

27 If thou renew and builde thine house, both of thy soule, whereto thou receiuest God to haue, and of thy temporall habitation, sing the 30. 48. 127 psalmes.

28 If thou seeest thy selfe had in hate for the truths sake of thy friends and kinsfolke, leaue not off thy purpose, nor feare them which be against thee, but thinke on them which follow, & sing the 31. psalme.

29 If thou beholdest such as be baptised, & so deliuered from the corruption of theyr birth, praise thou the bountifull grace of God, and sing the 32. psalme.

30 If thou delightest to sing among many, cal together righteous men of godly life, and sing the 33. psalme.

31 If by chance thou fallest amongst thine enemies, and yet hast fortunately scaped them, if therefore thou wilt giue thanks, call together meekemen, and sing the 34. psalme.

32 If thou seeest wicked men contend among themselues to do mischief, thinke not that their Nature doth impell them by necessity to worke sin against their will, as certaine heretikes suppose, but consider the 36 psalme, and thou shalt perceiue that they be to themselues their owne occasion of sinning.

33 If thou seeest how wicked men do much wickednesse, and that yet simple folke praise such, when thou wilt admonish any man not to follow them to be like vnto them, because they shall be shortly rooted out and destroyed, speake to thy selfe and to other the 37 psalme.

34 If thou hast decreed to take heed of thy selfe & seeest thine enemy approach nigh thee as against one whom the aduersary is more prouoked to come with assault, and therefore wilt prepare thy selfe, sing the 39. psalme.

35 If thou seeest many poore men to beg, & wilt shew pittie to them, thou mayst both thy selfe receiue them to mercy, and also exhort other to do the same, saying the 41. psalme.

36 If thou hast a desire to Godward, & hearest thine enemies to vpbraide thee, be not troubled, but consider what fruit of immortality riseth to thee for this desire, comfort thy soule with hope to God, and so herein relieuing and asswaging the heavynesse of thy life, say the 42. psalme.

37 If thou wilt remember Gods benefits which hee did to thy fathers both in their out going from Egypt and in the desert, & how good God was vnto them, but they vnthankfull to him, thou hast the 44. 78. 82. 102. 114. 117. psalmes.

Of the vse and vertue

38 If thou hast made thy refuge to God, and hast escaped such trouble as was prepared against thee, if thou wilt giue thanks & shew out his kindnesse to thee, sing the 46. psalme.

39 If thou wilt know how to giue thanks to God when thou doest resort to him with sound vnderstanding, sing the 47. 48.

40 If thou wilt exhort men to put their trust in the liuing God, who ministreth all things abundantly to good mens vse, and blame the madnesse of the world, which serue their God Mammon so inordinately, sing the 49. psalme.

41 If thou wouldst cal vpon the blind world for their wrong confidence of their bruit sacrifices, and shew them what sacrifice God most hath required of them, sing the 50. psalme.

42 If thou hast sinned and art conuerted, and mooued to doe penance, desirous to haue mercy, thou hast the words of confession in the 51. psalme.

43 If thou hast suffered false accusation before the King, and seest the deuill to triumph thereat, go aside & say the 52. psalm.

44 If they which persecute thee with accusations would betray thee, as the Pharisees did Iesus, and as the Aliants did Dauid, discomfort not thy selfe therewith, but sing in good hope to God the 54. 57. 69. Psalmes.

45 If thine aduersaries which trouble thee do vpbraide thee, and that they which seeme to be thy friends, speake most against thee, wherevpon if in thy meditation thou art somewhat grieved thereat, thou mayst call on God saying the 55. psalme.

46 If persecution come fierce on thee, & vnawares chance to enter into the caue where thou hidest thy selfe, feare not: for in this strait thou hast expedient words both to comfort thee, & to put thee in remembrance of his old mercy, with the 57. 142. psal.

47 If thou wilt confound Hypocrites which make glorious shewes outwardly, speake their conuersion with the 58. psalme.

48 If thy pursuers commaund thy house to be watched; when thou art escaped, giue thanks to God, and graue it in the Tables of thine hart for a perpetuall remembrance, and say the 59. psal.

49 If thine enemies cruelly assault thee, and would catch thy life, offer thy subiection to God against them, and bee of good comfort: for the more they rage, the more shal God subdue the, and say the 61. psalme.

50 If thou flyest persecution, and gettest thee into the wilderness, feare thou not, as though thou wert there alone, but hauing God nigh vnto thee, rise to him early in the morning, singing the 63. psalme.

51 If thine enemies would put thee in feare, and neuer cease to lay trains for thee, & picke all manner quarrels against thee, though they be very many, giue no place to them; for the darts

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offbabes shall be their destruction, if thou saist the 61. 68, 70
71. psalmes.

52 If thou wilt laud God with a psalm or hymne, sing the 65
66. psalmes.

53 If thou hast need to confesse God, sing the 67. psalme.

54 If thou wouldst sing to the Lord, thou hast what to say in
the 96. 98. psalmes.

55 If thou hast need to confesse God with thanks, sing the
71, 75, 62, 108, 117, 118, 136, 138, 139. psalmes.

56 If thou seest wicked men prosper in peace, be not offe-
ded thereat, but say the 113. Psalme.

57 If thine enemies haue beset the waies whither thou flyest
and art thereby in great anguish, yet in this trouble dispaire
not, but pray, and if thy praier be heard, giue God thanks, and
say the 77. psalme.

58 If they perseuer still, and defile the house of God, kill the
elect, and cast their bodies to the Foules of the ayre, feare not
their cruelty, but shew pittie to them which be in such agouie,
and say the 29. psalme.

59 If thou wilt informe any man with the mystery of the re-
surrection, sing the 8. psalme.

60 If thou wilt sing to the Lord cal together Gods seruants
on the feastuall day, and sing the 81, 95, 34. psalmes.

61 If thine aduerlaries flock together on euery side, & threa-
ten to destroy the house of God, and make their conspiracies
against thy Religion, let not their number and power trouble
thee, for thou hast an anker of the words of the 83. psalme.

62 If thou castest an eye to Gods house, and to his eternal ta-
barnacles, and hast a desire thereto, as the Apostle had, say thou
also the 84. psalm.

63 If Gods wrath bee ceased, and the captiuiity ended, thou
hast cause how to giue thanks to God with Dauid, recounting
his goodnesse to thee and others, with the 96, 85, 116. psalmes.

64 If thou wilt rebuke Paynims & heretickes, for that they
haue not the knowledge of God in them, thou maiest haue an
vnderstanding to sing to God the 86, 115. psalmes.

65 If thou wilt see and know the dissent that the Catholike
Church hath from schisme, and wouldest conuert them; or to
discerne the Church concerning the outwarde appearance and
sinnes thereof, thou mayst say the 87. psalme.

66 If thou wouldst know how Moyses prayed to God, and in
his meditation, recounting the brittle state of mans life, desired
God to direct so his short life that he might follow wisdome,
read the 90. Psalme.

67 If thou wouldst comfort thy self and others in true Reli-
gion, and teach them that hope in God, wil neuer suffer a foole

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to be confounded, but make it bold and without feare of Gods protection, sing the 9. psalme.

68. If thou wilt sing on the Sabbaoth day, thou hast the 92. psal.

69. If thou wilt sing on the Sunday in meditation of Gods word, desiring to bee instructed therein, whereby thou mayst rest in Gods holy will, and cease from all the workes and doctrines of vain men, reuolue that notable psalme 119.

70. If thou wilt sing in the second day of the Sabbaoth, thou hast the 95. psalme.

71. If thou wouldst sing to the Lord, thou hast what to say in the 69. 98. psalmes.

72. If thou wilt sing the fourth day of the Sabbath, sing the psal. 94. for then when the Lord was betrayed he began to take vengeance on death, and to triumph of it: therefore when thou readest the gospel, where thou hearest the Iewes to take counsell against the Lord, and that he standeth boldly against the Deuill, then sing the foresaid psalme.

73. If thou wilt sing on Good-friday, thou hast a commendation of the 63. psalme, for then was the house of Gods Church builded and groundly founded, though the enemies went about to hinder it for which cause sing to God the songs of triumphant victory with the said psalme, and with the 98. and 129. psalmes.

74. If there be any captiuitie wherein thy house is laid wast, and yet builded againe, sing the 96. psalme.

75. If the land bee vext with enemies, and after come to any rest by the power of God, if thou wilt sing therefore, sing the 97 psalm.

76. If thou consideredst the prouidence of God in his gouernance fo ouer all, and wilt instruct any with true faith and obedience when thou hast first perswaded them to confesse themselves, sing the 100 & 147. psalmes.

77. If thou dost acknowledge in God his iudiciall power, and that in iudgement hee mixeth mercy, if thou wilt drawe nigh vnto him, thou hast the words of the 101. psalme, to the end.

78. If for the imbicility of thy nature, thou art weary with the continually miseries and griefes of this life, and wouldst comfort thy selfe, sing the 102. psalme.

79. If thou wilt giue thanks to God, as it is most conuenient and due for all his gifts: when thou wilt so do, thou hast how to reioyce thy soule thereunto with the 103. and 104. psalmes.

80. If thou wilt praise God, and also knowe how, and for what cause, and with what words thou mayst do it, consider the 113, 117 & 132. 147. 148. 149. 150. psalmes.

81. If thou hast faith to such thinges as God speaketh, and beleeuest that which in prayer thou utterest, say the psalme 116. to the end.

82. If thou seekest thy selfe to rise vpward in degrees of well working

of the Psalmes.

working, as though thou saidst with S. Paule, I forget those things which be behind me, and set mine eyes on things which bee before me, thou hast the 130. psalme.

83 If thou beeest holden in thraldome vnder straying and wandring thoughts, and seest thy selfe drawne by them, whereof thou art sorry, then stay thy selfe from henceforth, and tarry where thou hast found thy selfe in fault, let thee down, and mourne thou also as the Hebrew people did, and say with them the 137. psalme.

84 If thou perceivest that temptations be set to prooue thee, thou oughtest after such tentrations to giue God the thankses, and sing the 139. psalme.

85 If yet thou be in bondage by thine enemies, and wouldst faine be deliuered, say the 140. psalme.

86 If thou wouldst pray and make supplication, say the 141, 142, 143. psalmes.

87 If any tyrannous enemy rise vp against the people, feare you not, no more then David did Goliath, but belecue like David, and sing the 144. psalme.

88 If thou art elect out of long degree, specially before other, to some vocation to serue thy bretheren, aduarce not thy selfe too high against them in thine owne power, but giue GOD the glory, who did chuse thee, and sing thou the 115. psalme.

89 If thou wilt sing of obedience, praising God with *Alleluia*, thou hast the 105. 106. 107. 111. 112. 113. 114. 115. 117. 135. 136. 146. 147. 148. 149. 150. psalmes.

90 If thou wilt sing specially of our Sauior Christ, thou hast of him in euery psalme, but most chiefly in the 25. 45. 100. psalms.

91 Such psalmes as shew his lawfull generation of his father, and his corporall presence, be the 11. 69 psalmes.

92 Such as doe prophecy before of his most holy Crosse and passion, telling how many deceitfull assaults he sustained for vs, and how much he suffered, be the 2. 129. psalmes.

93 Such as expresse the malicious enemies of the Iewes, and the betraying of Iudas, are the 21. 50. 55. 69. 72. 109. psalms.

94 Such as describe his agony in his passion, death and sepulture, be the 22. 28 psalmes.

95 For his dominion & presence in the flesh, read the 116. ps.

96 Such as shew the glorious resurrection of his body, be the 99 psalmes.

97 Such as set out his ascension into heauen, are the 93. 96. 98 99 psalmes.

98 And that he sitteth on the right hand of his Father, the 210. psalme maketh manifest.

99 Such as shew that he hath authority of his father to iudge expressing his iudiciall power, both in condemning the diuell, & al wicked Nations, are the 50. 72. 82. psalmes.

Finis.

Veni Creator.



One holy Ghost eternall God,

proceeding from aboue, both from

the father and the Sonne, the God of peace &

loue: Visiſt our minds, and into vs thy heauenly

grace inſpire, that in all truth and godlines, we

may haue true deſire.

Thou art the very Comforter
in all woe and diſtreſſe:

The heauenly giſt of God moſt high
which no tongue can expreſſe.

The fountaine and the liuely ſpring
of ioy celeftiall:

The fire ſo bright, the loue ſo cleare
and vnction ſpiritual.

Thou in thy giſts art manifold
whereby Chriſts Church doth ſtand

In ſaſchfull hearts writing thy law,
the finger of Gods hand:

According to thy promiſe made
thou giueſt ſpeech of grace:

That through thy helpe the praiſe of god
may ſtand in every place.



Veni Creator.

O Holy Ghost into our Sins
send downe thy heauenly light:
Kindle in our hearts with feruent loue,
to serue God day and night.
Strength and stablish all our weaknesse
so feeble and so fraile:
That neither flesh, the world nor Diuell
against vs do preuaile.

Drive backe our enemies far from vs,
and grant vs to obtaine:
Peace in our hearts with God and man,
without grudge or disdain.
And grant O Lord, that thou being
our leader and our guide:
We may eschew the snares of Sinne
and from that neuer slide.

Go vs such plenty of thy grace
(good Lord) grant we thee pray:
That thou maist be our Comforter,
at the last dreadfull day.
Of all strife and dissention
O Lord, dissolve the bands:
and make the knots of peace and loue
throughout all Christian Lands.

(know)

Graunt vs O Lord through thee to
the Father most of might:
That of thy deare beloved Son,
we may obtaine the sight.
And that with perfect faith also
we may acknowledge thee,
The spirit of them both alwaies,
one God in persons thre.

Laude and praise be to the Father,
and to the Son equall:
and to the Holy spirit also,
one God coeternall.

And

The Humble sute of a Sinner.

And pray we that the onely Sonne,
 boughsate his spirit to send?
 To all that do professe his name,
 vnto the worlds end.

The Humble sute of a Sinner. M.

O Lord of whom I do depend behold my careful

heart, and when thy will and pleasure is. release

me of my smart: Thou seest my sorowes what
 they are, my grieve is knowne to thee. And there

is none that can remoue, or take the same from mee.

But onely thou whose ayde I craue,
 whose mercy still is prest:

To ease all those that come to thee
 for succour and for rest.

And sith thou seest my restless eyes,
 my teares and grievous groane:

attend vnto my sute O Lord.
 marke well my plaint and meane.

For Anne hath so inclosed me,
 and compass me about:

That I am now remeddesse,
 if mercy helpe not out.

The Humble sute of a Sinner.

For mortall man cannot release,
or mittigate his paine:
But euen thy Ch:ist my Lord and God,
which for my sinne was slaine.

whose bloudy wounds are yet to see,
though not with mortall eye:
Yet do thy Saints behold them all,
and so I trust shall I.
Though sinne doth hinder me a while,
when thou shalt see it good:
I shall enjoy the sight of him,
and see his wounds and blood.

And as thine Angels and thy Saints,
doe now behold the same:
So trust I to possesse that place,
with them to praise thy name.
But whilst I live here in this vale,
where sinners do frequent:
Will me ever with thy grace
my sinnes still do lament.

Least that I tread in sinners trace,
and give them my consent:
To dwell with them in wickednesse,
whereto nature is bent.
Onely thy grace must be my stay,
least that I fall downe flat:
And being downe, then of my selfe
cannot recover that.

Wherefore this is yet once againe
my sute and my request:
To grant me pardon for my sinne,
that I in thee may rest.
Then shall my heart, my tongue, & voice,
be instruments of praise:
and in thy Church and house of Saints
sing Psalmes to thee alwaies.

Venite exultemus.

Venite exultemus. Psal. xcvi. T. S.

• Sing this as the Benedictus.

O Come and let vs now reioyce,
and sing vnto the Lord:

And to our onely Saviour,
also with one accord.

D let vs come before his face
with inward reuerence:

Confessing all our former sinnes,
and that with diligence.

To thanke him for his benefits,
alwaies distributing:

Wherefore to him right ioyfully,
in psalmes now let vs sing.

And that because that God alone,
is Lord magnificent:

And eke aboue all other Gods,
a King omnipotent.

His people doth not he forsake,
at any time or tide:

and in his hands are all the Coasts
of all the world so wide.

And with his louing countenance,
he looketh euery where:

and doth behold the tops of all,
the mountaines farre and neare.

The Sea and all that is therein
are his, for he them made:

And eke his hands hath fashioned
the earth which doth not fade.

D Come therefore and worship him
and downe before him fall:

and let vs kneele before the Lord,
the which hath made vs all.

He is our God, our Lord and King;
and we his people are:

Venite exultemus.

His flocke and Sheepe of his pasture,
on whome he taketh care :
This day if ye will heare his voice
then harden not your heart :
As in the bitter murmuring,
When ye were in desert.

Which thing was of their negligence
committed in the time
Of trouble in the wilderness,
a great and grievous crime.
Whereas your fathers tempted me,
and tride me every way :
They proued me and saw my works
what I could do or say.

These forty yeares I haue bene grieved,
With all this generation :
And euermore I said they erred
in their imagination :
Wherwith their harts were sore cumbered
long time and many dayes :
Wherefore I know assuredly,
they haue not knowne my waies.

To whome I in mine anger sware,
that they should not be blest,
Nor see my ioy celestiall :
nor enter in my rest.

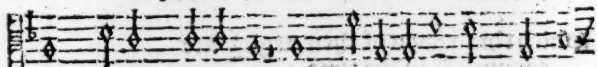
Gloria Patri.

All laud and praise be to the Lord
O that of might art most,
To God the Father and the Sonne,
and to the Holy Ghost :
As it in the beginning was,
for euer heeretofore,
And is now at this present time,
and shall be euermore.

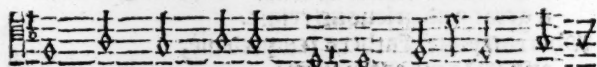
The Song of Symeon, called *Te Deum.*



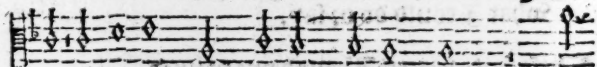
We praise thee God we knowledge thee,



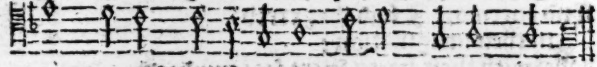
the onely Lord to be : And as eternall father all



the earth doth worship thee. To thee all Angels



cry the Heavens and all the powers therein : To



thee Cherube and Seraphin to cry they do not lin.

O holy, holy, holy, Lord,

of Sabaoth Lord the God :

Throughout heauen and earth thy praise is spread,
and glory all abroad.

The Apostles glorious company
yeeld praises vnto thee :

The Prophets goodly fellowship,
praise thee continually.

The noble and victorious host,
of Martyrs sound thy praise :

The holy Church throughout the world,
doth knowledge thee alwaies.

Father of endlesse Maiesty
they do acknowledge thee :

Thy Christ thine honourable, true,
and onely Sonne to be,

The

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